



Recreational Sports

Old Dominion University
Recreational Sports - Intramurals
Team Handball Rules

1. ELIGIBILITY

- a. Each student must sign a **RELEASE AND ASSUMPTION OF RISK** form (which releases the university and university employees and officers of liability in case of bodily injury).
- b. All Full-time Students (undergraduate and graduate enrolled continuously in atleast 3 credit hours), faculty and staff.
- c. Any person having been classified as a **PROFESSIONAL** athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- d. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- e. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- f. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- g. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

2. GENERAL REGULATIONS

- a. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- b. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- c. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**

3. CAPTAINS

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.
- b. Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of



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the officials. All protests must be made within 24hrs from the time of the incident.

- c. The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d. It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

4. TEAM

- a. Teams are limited to a maximum of ten (10) players.
- b. Each team, under penalty of forfeiture, must have five (5) players on the playing field at the designated time of the game and must maintain a minimum of four (4) on the field/court throughout the game.

5. TIME FACTORS

- a. Once the Intramural Staff stats that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit. A team receives a forfeit for not having enough players will be required to pay a \$50 forfeit bond.
- b. Games consist of (2) 12-minute halves with a 3-minute half time. The clock will run continuously except for official time-outs and the single team time-out (1-minute in length) allotted per team each half. Winner of coin toss takes first possession, then alternating possession in event of tie-ups. Teams switch goals after halftime.

6. INJURED PLAYER & BLOOD RULE

- a. Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed form the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffersa head, spinal, neck injur, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.



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7. GAME RULES

a. Game Play

- i. Team Handball combines the elements of soccer, basketball, hockey, lacrosse, and water polo. The
- ii. Objective of the game is to out-manuever the opponent by passing the ball quickly and then throwing the ball past the defense and goalkeeper to score.

b. Players

- i. Teams consist of 4 field players and a goalkeeper. You must have at least 5 players to start and 4 players to finish a game. Field players will wear a color different color jersey from Goalkeepers.

c. Timing

- i. Games consist of (2) 12-minute halves with a 3-minute half time. The clock will run continuously except for official time-outs and the single team time-out (1-minute in length) allotted per team each half. Winner of coin toss takes first possession, then alternating possession in event of tie-ups. Teams switch goals after halftime.

d. Overtime Periods

- i. First OT-a 3-minute period, coin toss decides first possession. Stay at same goal as second half.

e. Double-OT Period

- i. Each player, 5 maximum, from each team will alternate penalty shots at the opposing goalkeeper. Winner of coin toss chooses to shoot first or second. Shoot at score table goal. If the contest goes to triple-OT, then the teams will alternate shots again, first team to score wins. Winner of coin toss chooses to shoot first or second. All Shots will be taken at the goal nearest the scorer's table.

f. Substitutions

- i. All substitutions made on the fly. All made at the score table, players must tag in.

g. Holding the Ball

- i. A player may not hold the ball for more than 5 seconds without attempting a shot at the goal or passing the ball.

h. Passing to yourself

- i. You may not pass to yourself. Unless a shot is attempted, another legal player must touch the ball before you can touch it again.

i. Dribbling

- i. You must dribble or pass to advance the ball up and down the court. (Walking violation.)



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j. Touching the Ball

- i. Field players may not touch the ball with any part of their body below the knees. Goalkeepers may kick save within the goal area. Outside of the goal area, the goalie is just another player.

k. Loose Balls

- i. Diving for loose balls: Only the Goalkeeper can dive for a loose ball and only in the goalkeeper area.

l. Using your Body

- i. You may not use your body to obstruct an opponent. Pushing, holding, or hitting is not permitted. This is a foul and will result in a turnover and throw-in by the opposing team.

m. Throw-Ins

- i. Throw-ins will be awarded on all non-shooting fouls and out of bounds situations. Throw-ins are taken immediately from the spot of the foul. The defending player must remain 5-feet away from the thrower. The throw must occur within 3-seconds of receiving the ball.

n. Goalkeeper

- i. *is not allowed to leave the goal area with the ball
- ii. *is not allowed to touch the ball outside of the goal area while in the goal box.
- iii. *may not receive a pass from a field player while in the goal area.

o. Out of Bounds

- i. The Track is out of bounds within the playing area/ Outside of Goal box. If a ball deflects off of the track in goal area the ball is still in play.

p. Field Players

- i. Field players, both offense and defense, may not enter the goal area, unless their momentum carries them into the goal area. If this happens, the players must immediately leave the area once their momentum has stopped.

q. Field Players & the Arch

- i. Field players jump/shoot from completely outside the 3-point arc/goal box. If jumping, the ball must be released before landing in the goal area, and then player must leave goal box.

r. Freezing the Ball

- i. A team may not freeze/stall the ball. After five consecutive passes, the team must attempt a shot at the goal.

8. FOULS ON THREE LEVELS (Official's judgement of severity)

- a. **Regular foul**-loss of possession, penalty shot if shooting (All Penalty Shots will be taken from the top of the three point arch.)



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- b. **Excessive Roughness**-excessive pushing, hitting, rough fouls will receive a single technical (A yellow tech.) and 2-minutes out, team plays a man down for the duration of the penalty.
- c. **Other acts** that can receive a single technical include language, jewelry, too many players, not checking in to the game, conduct, throwing the ball at another player, etc. Think along the same lines as basketball.
- d. **Flagrant Fouls**-intent to injure, elbows, intentional tripping, fouling shooter will receive an ejection from the game, one tech for the team, team will play a man down for penalty of 2-minutes.
- e. **Technical Limits**
 - i. One technical on a player, player out 2-minutes
 - ii. Two technicals on a player, player ejected.
 - iii. Three technicals on a team, game is forfeited.
 - iv. Four technicals on a team, team is suspended one game
 - v. Six Technicals on a team, team is out of the league/tournament
 - vi. If a player is ejected, the player must see the Intramural Director before he/she can play intramurals again and before any suspension will begin. If a team is forfeited due to tech., the team captain must see the Intramural Director before the team will play again.